



Deaf and Hard of Hearing Service Division

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Impacts of hearing loss on the mental health of senior citizens

Objectives

- Learn five domains where hearing loss affects the mental and emotion health of senior citizens.
- Recognize five signs of hearing loss.
- Name three strategies to improve communication and/or mitigate the impact of hearing loss for senior citizens.

How Many Have Hearing Loss

- 2016 Statistics from U.S. Department of Health & Human services:
 - 2% of adults aged 45 to 54
 - 8.5% of adults aged 55 to 64
 - 25% of adults aged 65 to 74
 - 50% of adults aged 75+
- <https://www.nidcd.nih.gov/health/statistics/quick-statistics-hearing>

Has hearing loss affected you or your family?

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Assumptions About Hearing Loss

- Hearing aids
- Speech reading
- Faking it
- Less intelligent
- Louder
- Disabled

Mental Health and Hearing Loss

- Identity
- Brain activity/learning
- Communication
- Relationships
- Access to services

Identity and Hearing Loss

Deaf/deaf

- Visual Communication
- Identity
 - Culture
- Technology
 - Video Phones
 - texting
 - Alerting Devices

Hard of Hearing

- Auditory communication
- Technology
 - Amplification
 - Alerting Devices
- Visual supports

Deafblind

- Dual sensory loss is exponential
- Tactile communication
- Technology

Identity and Hearing Loss

- Become Shy
- Feelings of Shame
- Feelings of worthlessness
- “Not who I used to be”
- Anger issues

Brain activity/learning and Hearing Loss

- Brain function
 - Divert resources
 - Dementia
- Incidental information
 - Injury
 - Social cues
- Cognitive fatigue

Communication and Hearing Loss



Relationships and Hearing Loss

- Trust vs. Mistrust
- Confidence vs. Helplessness
- Independence vs. dependence
- Resiliency vs. Inflexibility



Access to Services and Hearing Loss

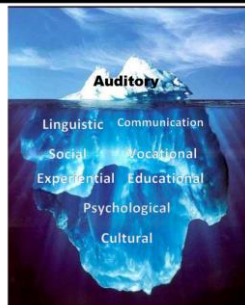
- Discriminated
- Put off
- Others know better
- Minimized
- Misunderstandings



Ramifications of Hearing Loss

- Limited Self-expression
- Limited Brain Activity
- Limited Communication
- Limited Community Involvement
- Limited Opportunities

Hidden Impacts of a Hearing Loss



Self-worth??

Recognizing Hearing Loss

- Require frequent repetition
- Think other people mumble
- Struggle to follow group conversations
- Have ringing in your ears
- Answer or respond inappropriately



Things You Can Do

- Seek support
- Be aware of surroundings
- Interpreters
- Technology
- Visual aids
- Be patient



Strategies to improve communication

- Minimize background noise
- Lighting
- Clarity vs. Volume
- Rephrase not repeat
- Check for understanding
- Don't rush!



DHS - Deaf and Hard of Hearing Services

That's All Folks
Thank you!

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